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Abstract

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Grant Number: 5F31NR007262-05
PI Name: JOHNSON, MARGO L.
PI Title:
Project Title: NEUROFEEDBACK INTERVENTION FOR INSOMNIA OF CHRONIC PAIN

Abstract: *The purpose of this study is to test an electroencephalographic biofeedback intervention for a sleep disorder, restless legs syndrome, that allows patients to achieve self control over an important dimension of their lives-their sleep. The aim of this study is to test the use of neurofeedback training of a specific waveform sensorimotor rhythm (SMR). It is proposed that enhancing the production of SMR will both increase the production of sleep spindles, a sleep inducing mechanism, and calm the leg movements through sleep spindle's association with the gamma motor neuron system. Goals include: reduction of symptoms, improved quality of health, a decrease in health care costs, investigation of the long term changes of EEG and the development of a nursing protocol for treatment of a sleep disorder, restless legs syndrome.*

Thesaurus Terms:
biofeedback, human therapy evaluation, nonhuman therapy evaluation, sleep disorder bioperiodicity, sensorimotor system
Animalia, clinical research, electroencephalography, human subject

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Fiscal Year: 2001

Department: NONE
Project Start: 01-SEP-2001
Project End:
ICD: NATIONAL INSTITUTE OF NURSING RESEARCH
IRG: ZNR1